HAPPY SINGLES

MILOS RAONIC, ALEKSANDRA WOZNIAK WIN OPENING MATCHES IN LONDON PAGE 27

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THE CAMPAIGN TRAILER

PAGE 3

Will Ferrell and Zach Galifianakis meet with Mayor Rob Ford at the Hockey Hall of Fame on Monday while promoting their new movie, The Campaign. The political comedy, which is about an attempt to oust a long-term congressman played by Ferrell, opens on Aug. 10. Ford jokingly shared some of his own campaigning advice: Don't hit babies and don't talk to the Toronto Star. RENE JOHNSTON/TORSTAR NEWS SERVICE

Fire on train kills sleeping passengers

At least 32 are killed and dozens of passengers suffer burns when a fire breaks out on a coach in India PAGE 11

Portable toilets 'embarrassing' to taxi drivers

After sending out a warning about the misuse of airport washrooms, the Toronto Port Authority bans cabbies from using facilities at Billy Bishop Toronto City Airport, setting up portable washrooms for them outside PAGE 3

Pink collar jobs being taken by men

Typically female-fronted industries are seeing an influx of men who are just as proud of what they do — like male nurses, for instance PAGE 23

U.S. casino giant shows hand — says it's eyeing Toronto location

Las Vegas Sands.
Company wants casino complex to also house shopping, entertainment, exhibition space

Las Vegas Sands is the latest casino giant to officially vie for the right to build a local resort, registering five lobbyists and eyeing potential sites across the GTA.

Andy Abboud, a Sands senior vice-president, said Monday the company does not yet have a particular site or proposal.

Sands, which owns resorts in Las Vegas, Pennsylvania, Macao and Singapore, is "intrigued" by Toronto because of a potential fit with Sands' "integrated resort" model that includes a casino, retail, entertainment, convention and exhibition space, Abboud said.

"We will not provide enough rooms to meet the demand for the visitation that we can bring so we want to be (able to draw on) the existing infrastructure of tourism in Toronto," he said.

In May, while trumpeting Toronto's waterfront as a prime spot for an "iconic" casino-resort, Ontario Lottery and Gaming Corp. chair Paul Godfrey cited lavish Marina Bay Sands in Singapore as a possible model.

The company, owned by U.S. billionaire and major Republican donor Sheldon Adelson, joins MGM Resorts, Caesers Entertainment, Woodbine Entertainment and Onex Corp. in expressing interest.

Game zone

- Vegas turned its eyes north in May when the Ontario government announced it hopes to boost sagging gambling revenues with new privately run facilities in 29 "gaming zones," including the GTA.

Caesars recently got a partner for its Toronto bid — Rock Gaming, owned by Dan Gilbert, the colourful owner of the Cleveland Cavaliers NBA team.

Torstar News Service revealed last week that Oxford Properties, owners of the Metro Toronto Convention Centre, is making a possible casino part of its Front Street redevelopment plans. TORSTAR NEWS SERVICE

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Erin Mills Town Centre
Sheridan Centre
Square One Shopping Centre
Westwood Mall

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Upper Canada Mall

NORTH YORK
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Cabbies insulted by city airport's bathroom ban

Island airport facilities. Taxi drivers banned after washroom dispute

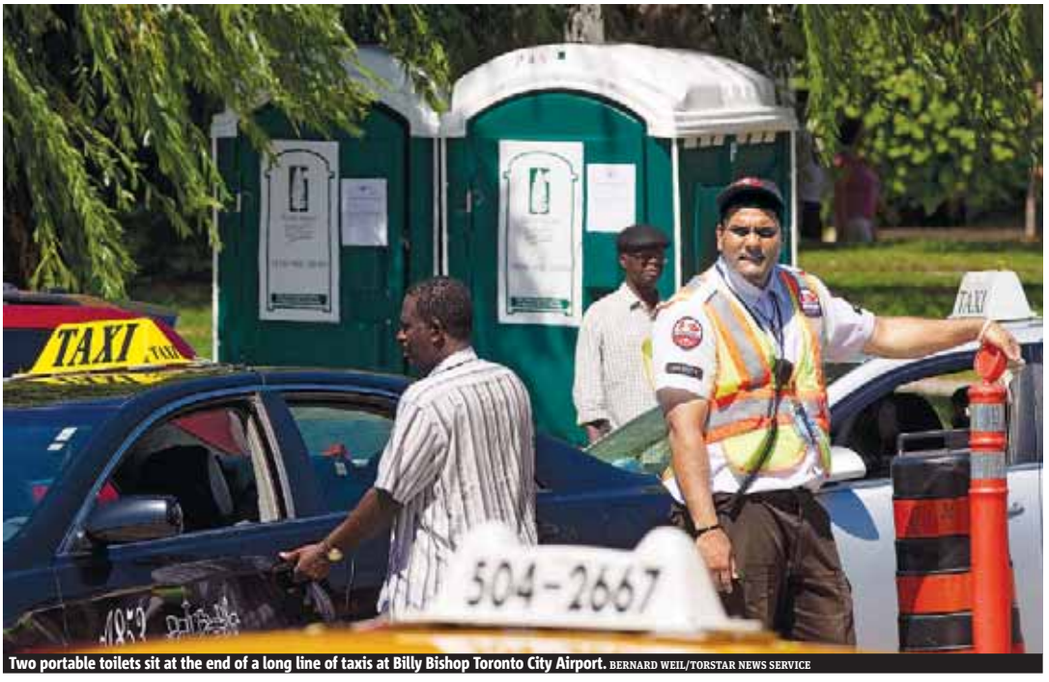
A messy dispute about messy washrooms has left some taxi drivers in the city feeling insulted and isolated.

The Toronto Port Authority has banned taxi drivers from its passenger transfer facility at Billy Bishop Toronto City Airport, making drivers feel like they've been segregated from the public, the president of iTaxiworkers Association said.

Quoted

"It's embarrassing. This perception that we are not worthy of going to the washroom is not right, especially in the 21st century."

Taxi driver Asafo Addai



Two portable toilets sit at the end of a long line of taxis at Billy Bishop Toronto City Airport. BERNARD WEIL/TORSTAR NEWS SERVICE

"I have heard of a few drivers (who say) they're not going back to the airport if they treat us like this," said Sajid Mughal, who represents about 750 taxi drivers in the city.

The Toronto Port Authority alleges taxi drivers are responsible for making a mess in airport washrooms, while drivers say there's no proof they're the culprits.

About 50 taxi drivers are lined up at any given time to pick up passengers from the downtown airport.

Because they can't go inside the passenger transfer facility, drivers now have to use two portable washrooms set up outside.

On July 16, drivers received a memo from Toronto Port Authority ground services manager Antonella Tarantino as a "final warning" about messy washrooms.

"Urinating and defecating on the floor, walls, hand driers etc. is not acceptable and will result in all taxi drivers being refused access to the building," the memo obtained by Torstar News Service says.

TORSTAR NEWS SERVICE

Funny guys. Stars draw out mayor

How do you coax Mayor Rob Ford out of his city hall lair?

It helps if you're two of Hollywood's hottest comedians promoting their latest movie, The Campaign. Showing up to admire the Stanley Cup at the Hockey Hall of Fame doesn't hurt either.

Will Ferrell and Zach Galifianakis, who star in the political comedy slated to open Aug. 10, arrived on a Zamboni on Monday afternoon.

Ford, responding to a media question during a media scrum, offered the following advice on campaigning to Ferrell and Galifianakis.

"Just keep going hard. Don't hit babies though," said Ford, referring to a scene in the film's trailer when Ferrell's character, Cam Brady, a congressman seeking re-election against challenger Marty Huggins, played by Galifianakis, accidentally slugs an infant.

"Return people's phone calls ... and don't talk to the Toronto Star," added Ford, reminding the attending media of his ongoing feud with the newspaper, which includes his refusal to do interviews or respond to inquiries.

TORSTAR NEWS SERVICE

Will Ferrell, left, and Zach Galifianakis won over the crowd on Monday during a stop to promote their new flick, The Campaign. COURTESY MUCHMUSIC

1 NEWS

On the web

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Crowd soaks up Hillside Festival delights

Guelph. Three decades in, fest sticks to uniquely successful formula

TABASSUM SIDDIQUI
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"It's not the biggest festival out there, but good gracious, is it ever the best."

Toronto graphic designer Chris Spencer, 35, who has been attending Guelph's Hillside Festival for the past 15 years, speaks for thousands of other music fans in his assessment of the annual event, which wrapped its 29th edition Sunday night after three sold-out days of genre-spanning performances.

Buoyed by near-perfect weather, the resolutely anti-corporate, eco-friendly festival on Guelph Lake Island brought together local musical favourites and emerging acts over four stages. It kicked off Friday evening with scrappy U.K. indie-rock quartet Bombay Bicycle Club, a rare nod to the younger set in a year marked by veteran Canadian acts like Kathleen Edwards, who ably headlined the main stage on opening night with the achingly intimate folk-rock tunes from her Polaris Prize-nominated album, Voyageur.

Quoted

"Great music and good food in a beautiful place – what's not to love? And the fact it takes place in our own backyard is just a bonus." Chris Spencer, Hillside veteran

"To see all these amazing bands in one place is a gift," Edwards noted during her set. Her own band was a good example of the kind of homegrown talent on display at every Hillside — made up of some of Canada's best players (including Ottawa's Jim Bryson), Edwards' backing ensemble proved they were capable of getting heavy when they needed to, coaxing even the gentlest songs into full-blown rock 'n' roll epics.

With both Saturday and Sunday featuring 12 straight hours of music, Hillside continued to live up to its "something for everyone" ethos, with Saturday bookended by dance parties of an entirely different stripe. Grateful Dead drummer Mickey Hart's ensemble had the old-school hippies getting down, while Halifax electro-pop iconoclast Rich Aucoin overcame some technical difficulties with his video projector to whip the 20-something hipster crowd into a frenzy to close out the night.

Festival-goers groggily eased into Sunday morning with the traditional gospel hour featuring a wide swath of the weekend's performers. Etobicoke-bred, U.K.-based Cold Specks drew on a similar gospel-and-folk-based vibe — albeit a far darker one (she aptly calls her sound "doom soul") — for her arresting set later that afternoon, with many dubbing her the discovery of the weekend for her bluesy, shiver-inducing vocals. Hometown duo Memoryhouse, also making their first appearance at Hillside, deserved a larger audience for their dream-pop ballads — the perfect soundtrack for the Instagram generation.

As Hillside heads into its 30th anniversary next year, it's that very mix of the old and new that keeps people coming back every summer. "I'm hoping to make it a family tradition," says Spencer, who brought his three-year-old daughter to the festival for the first time. "Great music and good food in a beautiful place — what's not to love?"

Kathleen Edwards performed songs from her Polaris Prize-nominated album Voyageur on the main stage at Hillside 2012. DAN HAUSER/FOR METRO

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NASA. New Mars rover will have to nail risky landing

It's the U.S. space agency's most ambitious and expensive Mars mission yet — and it begins with the red planet arrival Sunday of the smartest interplanetary rover ever built.

It won't be easy. The complicated touchdown NASA designed for the Curiosity rover is so risky it's been described as "seven minutes of terror" — the time it takes to go from 20,920 km/h to a complete stop.

Scientists and engineers will be waiting anxiously as the spacecraft plunges through Mars' thin atmosphere and attempts to slowly lower the rover to the bottom of a crater with cables.

THE ASSOCIATED PRESS

The Mars Science Laboratory Curiosity rover. JPL-CALTECH/NASA/THE ASSOCIATED PRESS

Statistics Canada

Most moms took work leave: Study

Most Canadian mothers with young children took some type of maternity leave following childbirth, according to a new study.

Statistics Canada said 90 per cent of children between the ages of one and three living outside Quebec had working mothers who temporarily left their jobs after giving birth. Their average leave was 44 weeks, the agency said.

About 26 per cent of these children had working fathers who also stayed home after they were born.

THE CANADIAN PRESS

Distracted walking is a growing issue: Experts

Real threat? Officials struggle to figure out how to protect people from themselves after mounting incidents

'Distracted walking' isn't as widely discussed as distracted driving, but the danger is real. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

A young man talking on a cellphone meanders along the edge of a lonely train platform at night. Suddenly he stumbles, loses his balance and pitches over the side, landing head first on the tracks.

Fortunately there were no trains approaching the Philadelphia-area station at that moment, because it took the man several minutes to recover enough to climb out of danger. But the incident, captured last year by a security camera, underscores the risks of what government officials and safety experts say is a growing problem: distracted walking.

On city streets, in suburban parking lots and in shopping centres, there is usually someone strolling while talking on a phone, texting with his head down, listening to music, or playing a game. The problem isn't as widely discussed as distracted driving, but the danger is real.

Reports of injuries to distracted walkers treated at hospital emergency rooms have more than quadrupled in the past seven years and are almost certainly under-reported. There has been a spike in pedestrians killed and injured in traffic accidents, but there is no reliable data on how many were distracted by electronics.

"We are where we were with cellphone use in cars 10 years or so ago. We knew it was a problem, but we didn't have the data," said Jonathan Akins, deputy executive director of the Governors Highway Safety Association, which represents U.S. state highway safety offices.

State and local officials are struggling to figure out how to respond, and in some cases asking how far the government should go in trying to protect people from themselves.

THE ASSOCIATED PRESS

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ADR. 501 70 – Court Documentation and Process
Tuesday, Sept. 4 – Dec. 11 (45 hours) | 4:20 pm - 6:55 pm
This course examines the role of mediation and pre-trials in settling litigated disputes in the Ontario Small Claims Court and the Ontario Superior Court of Justice.

ADR. 502 70– Administrative Tribunals: Practice
Thursday, Sept. 6 – Dec. 13 (45 hours) | 12:40 pm - 3:20 pm
Gain an understanding of the rules of natural justice and the laws and procedures applicable when a matter is heard before an administrative tribunal rather than in the traditional court system.

ADR. 503 70– Ethical Issues in ADR
Monday, Sept. 10 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
Explore ethics in both a broad and specific sense, not only from the view of the role that the conflict resolution practitioner plays, but also with a look at self-reflection.

ADR. 504 70– Advocacy Skills for ADR Professional
Wednesday, Sept. 5 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
An introduction to advocacy skills, this course will focus on students gaining the public speaking skills required for the role as a conflict resolution professional.

ADR. 505 70– Community Mediation
Thursday, Sept. 6 – Dec. 13 (45 hours) | 4:20 pm - 6:55 pm
This course will examine the impact conflict has on one's community and the role a mediator plays in assisting the community to resolve the conflict.

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HIV. Government coerced three Namibian women into sterilization: Judge

Namibia's government sterilized three women infected with HIV without getting proper consent, forcing them to sign forms they didn't understand as they suffered through the pains of labour, a judge ruled Monday.

Activists applauded the decision by Judge Elton Hoff, though the ruling rejected lawyers' accusations that doctors sterilized the women specifically because they had HIV in a country where the virus remains endemic.

The activists say they worry more women in the southern African nation are coerced into the procedure, as other cases pending before courts allege women suffered similar treatment at the hands of doctors.

The three women, each aged between 20 and 40 years old, all sought care at government hospitals in Namibia. All signed release forms that allowed doctors to sterilize them, though at the time they didn't realize what they had agreed to, said Nyasha Chingore, an HIV project lawyer with the Southern Africa Litigation Centre.

In one case, a woman signed a form that used only acronyms to describe the procedure, while another signed after being told she didn't have a choice, Chingore said.

"The consent forms were all signed when they were in labour," she said.

Corinna van Wyk, the lawyer who represented the women in court, said the government had 14 days to appeal Hoff's ruling. All three of the women will be entitled to monetary damages.

THE ASSOCIATED PRESS

Epidemic

- As many as 210,000 people live with HIV in Namibia — nearly 10 per cent of the country's 2.1 million people — according to UNAIDS, the Joint United Nations Program on HIV and AIDS.
- Sterilization is a drastic tactic to treat HIV-positive women, as mother-to-child transmission of HIV and AIDS can be prevented with medication.

Campaign. Romney visit leaves Palestinian critics angry and insulted

Mitt Romney's campaign stop in Israel left behind furious Palestinians charging that the Republican presidential candidate hasn't fully grasped the complexities of one of the world's most intractable conflicts.

Romney's sweeping embrace of Israeli government positions — especially on the Iranian nuclear program — came as no surprise. But Palestinian — and some Israeli — critics say he overshot by seeming to snub the Palestinians' president, dismiss their claims to Jerusalem, and suggest their culture is inferior to Israel's.

That came on Monday when Romney addressed the stark economic differences between Israel — a high-tech powerhouse with the per capita income of a developed nation — and the poorer Palestinians.

Romney told an audience of affluent Jewish donors — including gambling magnate Sheldon Adelson, who is pumping millions into a crusade to defeat President Barack Obama — that some economic historians have theorized that "culture makes all the difference."

THE ASSOCIATED PRESS

Presidential candidate Mitt Romney talks to strategist Stuart Stevens, right, as they board their charter plane in Tel Aviv, Israel. CHARLES DHARAPAK/THE ASSOCIATED PRESS

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†† Based on retail registrations in the 12 months following launch. Δ 2012 Chevrolet Cruze equipped with standard 1.8L ECOTEC I-4 engine and 6-speed manual transmission. Fuel consumption ratings based on Natural Resources Canada's 2012 Fuel Consumption Guide. Your actual fuel consumption may vary. ◊ For more information go to ihs.org/ratings. © The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. + Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak.® 2012 Cruze LTZ with PDA, MSRP with freight, PDI & levies $28,804. Dealers are free to set individual prices. ** Vehicle specifications and pricing based on latest available information on the manufacturer's website as at time of posting for the 2012 Chevrolet LS, 2012 Hyundai Elantra L Sedan and 2012 Honda Civic LX all models with 6 Speed Manual (freight included, tax excluded).

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Passengers sit in a train and wait for power to get restored at a railway station in New Delhi on Monday. A major power outage has struck northern India, plunging cities into darkness and stranding hundreds of thousands of commuters. RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

Huge power outage hits northern India

Blackout. Nation is reminded of the frailty of its power supply

A power grid failure blacked out northern India for hours Monday, halting trains, forcing hospitals and airports onto backup power and providing a dark, sweltering reminder of the nation's inability to meet its energy needs as it strives to be an economic power.

While the midsummer outage was unique in its reach — it hit 370 million people, more than the population of the United States and Canada combined — its impact was softened by Indians' familiarity with almost daily blackouts of varying duration. Hospitals and major businesses have backup generators that seamlessly kick in during power cuts, and upscale homes are hooked to backup systems powered by truck batteries.

Nonetheless, some small businesses were forced to shut for the day. Buildings were without water because the pumps weren't working, and the vaunted New Delhi Metro, with 1.8 million daily riders, was paralyzed during the morning commute.

"This will obviously get worse," said Subhash Chawla, a 65-year-old retiree who took the Metro once power was restored. THE ASSOCIATED PRESS

Quoted

"There was no water, so my machine couldn't run."

Amit Naik, a toy maker in New Delhi, was forced to close his workshop for the day

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Josh Cassidy's records

- World's fastest time for a marathon, 1:18:25, April 16, 2012
- Canadian record in the marathon, 1:22.02, June 4, 2011
- Canadian record in the 10,000m 19:51.54 on June 26, 2010
- Canadian record in the 5,000m, 9:55.13 on June 26, 2010

The Paralympic spirit burns brightly for wheelchair racer

London 2012. Josh Cassidy sets sights on gold after setting world record in Boston Marathon

LIA GRAINGER
toronto@metronews.ca

There will be no regrets for Josh Cassidy this summer. When the top-ranked Paralympic athlete hits the racecourse in London this September, he'll do so knowing he's done everything he can to prepare for the battle for gold.

"I've always loved competition," says Cassidy, "and once I'd found my sport, I wasn't going to stop until I felt I was the best." That sport is wheelchair racing. Born with cancer in his spine and abdomen, Cassidy spent much of his early life undergoing treatments and operations. Yet even as a young child, the Ottawa-born athlete showed great determination.

"Whether it was how to get up stairs, or some other challenge, I learned if I put in the time, eventually I would be able to do what I wanted," says Cassidy. What he wanted was to make it to the Paralympics, and in 2008 Cassidy achieved that goal, though he finished just short of medalling.

He has spent much of the past four years training for round two. In April he won the Boston Marathon in world-record time, and has set four Canadian records.

"I feel ready, and I'm thrilled that my mom and family will be there with me." Cassidy's mother will be attending the Paralympics for the first time, thanks to help from P&G's "Thank You Mom" program, which is helping moms across Canada get to London to see their kids compete. "It will be amazing to share these moments with him," says his mother, Anne Cassidy.

Golden goal

"There are 12 athletes that could be on the podium out of the 40 or 50 that go. It's going to be a very tight finish, but gold is definitely the goal."
Josh Cassidy, Paralympic athlete

Josh Cassidy smiles as he shows his gold medal in Calgary earlier this year. Cassidy works out twice a day, ripping around tracks in the GTA. PHOTO SUPPLIED

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Victims are assisted by an advocate, left, as they arrive for an arraignment for suspected theatre shooter James Holmes in district court in Centennial, Colo., on Monday. ED ANDRIESKI/THE ASSOCIATED PRESS

Colorado suspect charged with 24 counts of murder

Before the law. James Holmes also charged with 116 counts of attempted murder after theatre massacre

Prosecutors on Monday charged a former neuroscience graduate student with 24 counts of murder and 116 counts of attempted murder in the Colorado theatre rampage that has once again opened a national debate in the U.S. over guns. Legal analysts expect the case to be dominated by arguments over his sanity.

James Holmes appeared just as dazed as he did in his first court appearance a week ago, but at one point he exchanged a few words with one of his attorneys. Some victims and family members again watched him in the packed courtroom, and before the hearing some clasped their hands and bowed their heads as if in prayer.

James Holmes
THE DENVER POST/THE ASSOCIATED PRESS

The July 20 attack at a midnight showing of the new Batman movie left 12 people dead and 58 others injured. Holmes faces two counts for each victim — murder with deliberation and murder with extreme indifference. Both carry a maximum death penalty upon conviction.

A former chief deputy district attorney said a conviction under extreme indifference means that any life sentences would have to be served consecutively, not concurrently.

Holmes also faces one count of possession of explosives. After his arrest outside the theatre, police said they found his apartment was booby trapped.

Unlike Holmes' first court appearance, Monday's hearing was not televised. At the request of the defence, District Chief Judge William Sylvester barred video and still cameras, saying expanded coverage could interfere with Holmes' right to a fair trial.

The judge also has placed a gag order on lawyers and law enforcement, sealing the court file and barring the University of Colorado Denver from releasing public records relating to Holmes' year there. A consortium of media organizations, including The Associated Press, is challenging Sylvester's sealing of the court file.

THE ASSOCIATED PRESS

Fire on overnight train in India kills 32 people, burns dozens

A fire swept through a train car packed with sleeping passengers in southern India on Monday, killing at least 32 people and sending panicked survivors rushing for the only clear exit once the train stopped, officials said.

Investigators found charred remains of victims still in their sleeping berths and were struggling to identify them.

A railway station worker noticed the burning coach as the overnight train from New Delhi to the southeastern city of Chennai passed through the town of Nellore at about 4 a.m., local official B. Sridhar said. Nellore is about 500 kilometres south of Hyderabad, the capital of Andhra Pradesh state.

Once the alarm was raised, the train was stopped and the coach was detached from the rest of the train to prevent the blaze from spreading.

"Since the fire had engulfed one door of the coach, people had to rush to the other end of the coach to exit," Sridhar said.

Escape

"We woke up suddenly when the train came to a halt ... People were still sleeping, but once they realized the danger they scrambled to the door."

Passenger Shantanu told New Delhi Television about awaking to a fire on the train.

Passengers said the fire spread swiftly through the coach.

"By the time we got out of the door, the coach was completely on fire," said Shantanu, who like many Indians uses only one name. He said firefighters sprayed water over the burning coach, but it was gutted.

Railway and medical workers were trying to identify the dead, Sridhar said.

"This is a very difficult task, since some of the bodies are charred beyond recognition," Sridhar said, adding that officials were making preliminary identifications based on the reservations chart from the train's records.

Sridhar said the fire may have been caused by an electrical short circuit in the coach.

At least 28 others were hospitalized with burns, including at least two in critical condition, said Anil Kumar, a regional railway manager.

India has one of the world's largest train networks, with more than 10,000 trains and 64,000 kilometres of track. Around 20 million people travel by train each day.

THE ASSOCIATED PRESS

People stand near a charred coach of a passenger train at Nellore, nearly 500 kilometres south of Hyderabad, India, Monday. A fire swept through a train car packed with sleeping passengers, killing at least 32 people, officials said. THE ASSOCIATED PRESS

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Pipeline not in Canada's best interest: Ex-minister

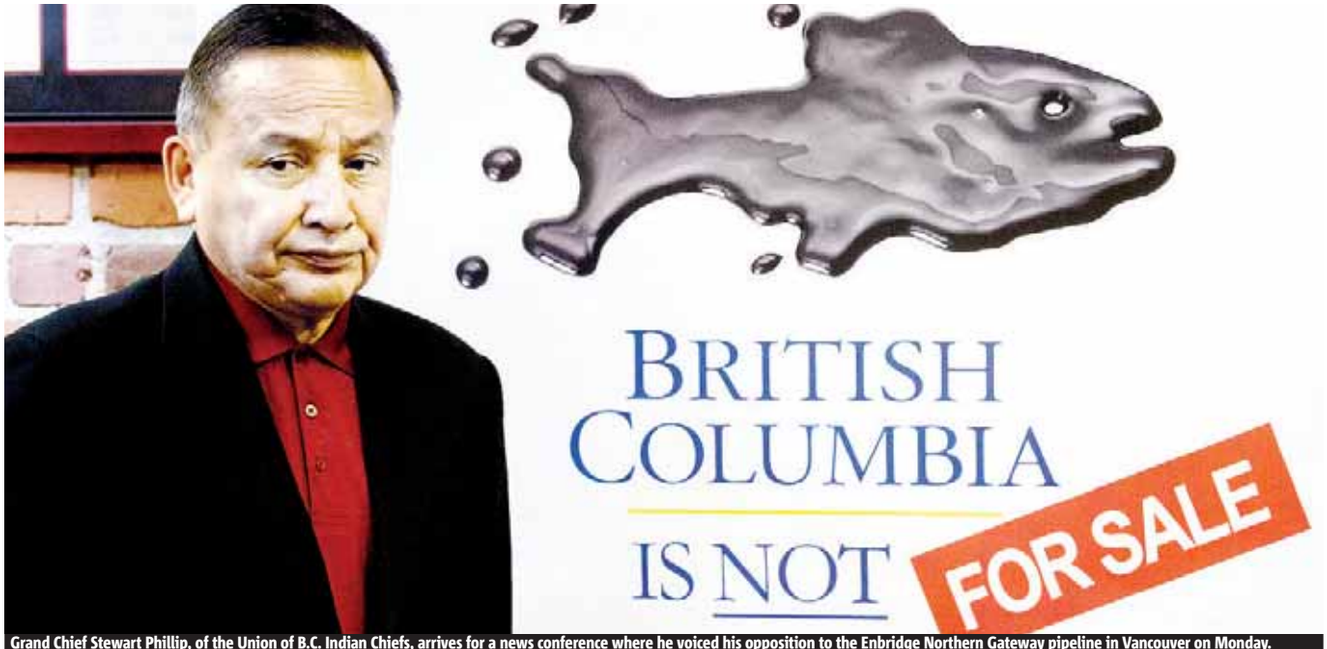
Activists. Fight against the project could include native blockades, warns Grand Chief Phillip

A former federal environment minister, Grand Chief Stewart Phillip, has taken aim at the proposed Northern Gateway pipeline, arguing the project is not in Canada's best interest and that Enbridge is the least trustworthy company to get the job done.

But David Anderson did not agree with his aboriginal and environmentalist counterpart's harsh words for the position taken by B.C.'s premier, instead saying Christy Clark is playing her cards right.

Hearings

Federal environmental hearings are continuing for the $6-billion Northern Gateway pipeline, which would flow crude oil from Alberta's oilsands to a port on B.C.'s west coast for export to Asia.



Grand Chief Stewart Phillip, of the Union of B.C. Indian Chiefs, arrives for a news conference where he voiced his opposition to the Enbridge Northern Gateway pipeline in Vancouver on Monday.
DARRYL DYCK/THE CANADIAN PRESS

Last week, Clark walked out of talks at an annual premiers' meeting that included discussion about creating a national energy strategy, declaring Alberta must negotiate sharing economic benefits before she even considers supporting the project.

Both Clark and opponents of the pipeline agree Alberta stands to gain the lion's share of economic benefits while B.C. takes on most of the environmental risks.

But Grand Chief Stewart Phillip, who heads the Union of B.C. Indian Chiefs, says Clark needs to know that no amount of money will sway activists' opposition and that a fight against the project could include native blockades.

THE CANADIAN PRESS

Enbridge Line 9 plan

Province OKs reversed pipeline

Enbridge Inc. has been granted conditional approval to ship oil from western Canada through an Ontario pipeline from Sarnia to Hamilton.

Opponents of the $16.9 million project fear it could eventually lead to Ontario being a conduit for oil sands crude.

Enbridge Line 9 running between Sarnia and Montreal currently carries low volumes of imported oil westward to refineries in Sarnia. Enbridge has proposed reversing the flow to carry 152,000 barrels of light crude oil a day from western Canada eastward as far as its Westover terminal near Hamilton. TORSTAR NEWS SERVICE

ORNGE scandal

Chopper firm wants $1.8M back

Italian helicopter firm AgustaWestland wants to "claw back" $1.8 million because ORNGE founder Dr. Chris Mazza and his team failed to drum up new business. "They didn't deliver," said Agusta spokesman Dan Hill. TORSTAR NEWS SERVICE

Chris Mazza TORSTAR NEWS SERVICE

Vaughan terminal

CP Rail hits more labour turbulence

Truckers slowed freight traffic in and out of CP Rail's main intermodal terminal in Vaughan on Monday, over a contract dispute with the railway's subcontractors.

About 80 owner-operators who move CP's railcars by truck for three companies — General Cartage, Canada Drayage Inc. and Sim-Tran — parked their vehicles, and blocked the main entrance on Rutherford Road near Highway 427 early Monday. One trucker said they are protesting a new three-year contract, introduced July 9, that changes how they are paid, effectively cutting their wages by about 30 per cent. TORSTAR NEWS SERVICE

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Apple, Samsung spar over patents

Court case. Jury of 10 will be selected this week before opening statements begin in a trial expected to last more than a month

With billions of dollars and control of the U.S. smartphone and computer tablets markets at stake, jury selection began Monday in a closely watched trial between two of the world's leading tech companies over patents.

Apple filed a lawsuit against Samsung Electronics last year alleging the world's largest technology company's smartphones and computer tablets are illegal knockoffs of its popular iPhone and iPad products.

Cupertino-based Apple is demanding $2.5 billion US in damages, an award that would dwarf the largest patent-related verdict to date.

Samsung countered that Apple is doing the stealing and that some of the technology at issue — such as the rounded rectangular designs of smartphones and tablets — have been industry standards for years.

A jury of 10 people will be picked from a pool of dozens, and opening statements could start late Monday or early Tuesday in a trial expected to last more than a month.

The case is just the latest skirmish between the two companies over product designs. A similar trial began last week, and the two companies have been fighting in courts in the United Kingdom and Germany.

Industrywide, some 50 lawsuits have been filed by myriad telecommunications companies jockeying for position in the burgeoning $219 billion market for smartphones and computer tablets.

U.S. District Judge Lucy Koh in San Jose last month ordered Samsung to pull its Galaxy 10.1 computer tablet from the U.S. market pending the outcome of the upcoming trial, though the judge barred Apple attorneys from telling the jurors about the ban.

Legal observers say it's rare that a patent battle with so much at stake doesn't settle short of a trial. Court-ordered mediation sessions attended by Apple's chief executive Tim Cook and high-ranking Samsung officials failed to resolve the legal squabble, leading to a highly technical trial of mostly expert witnesses opining on patent laws and technology. Cook is not on the witness list and is not expected to testify.

THE ASSOCIATED PRESS

Smartphone wars

- The pace of iPhone sales has slowed, Apple revealed last week. Part of the problem is that the competition has thinner phones with big screens.
- Samsung, the number-one maker of smartphones, touts its newest flagship phone, the Galaxy S III, sleek and wafer-thin.

Market Minute

DOLLAR 99.82¢ US (+0.26¢)

TSX 11,757.88 (-8.48)

OIL $89.78 US (-35¢)

GOLD $1,619.70 US (+$1.70)

Natural gas: $ 3.214 US (+0.1¢)
Dow Jones: 13,073.71 (-2.65)

Currency

Penny receives brief reprieve

The penny, its death sentence pronounced for fall in the federal budget, now will no longer be circulated in Canada as of Feb. 4, 2013, Finance Minister Jim Flaherty said Monday.

Retailers and other small businesses complained that the transition to a penny-free marketplace would be too much of a burden right before the busy holiday season. THE CANADIAN PRESS

Online video

Netflix changes privacy policy

Netflix has agreed to change its data retention practices so rental histories of customers who haven't subscribed to the service for at least a year will no longer be identifiable. Netflix notified customers of the policy change in an email Monday.

TORSTAR NEWS SERVICE

Media

Black sees potential in newspapers

Conrad Black says he sees investment potential in Canadian newspapers, sparking speculation that he may re-enter the industry. "There is a great premium to be placed on the editorial function and on the goodwill of a famous trademark like a respected newspaper," Black told The Huffington Post Canada editorial board.

THE CANADIAN PRESS

Hacking

Two arrested in S. Korean data theft

South Korean police said they arrested two men who allegedly stole the personal details of about 8 million mobile phone subscribers and sold the data to marketing companies in one of the country's biggest hacking schemes. THE ASSOCIATED PRESS

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WHY PUT PRIVATE PAIN IN THE PUBLIC EYE?

SHE SAYS...
Jessica Napier
metronews.ca/shesays

We all make mistakes in our 20s. Luckily, most of us don't have to live out those youthful bad decisions on the front page of People magazine. Kristen Stewart — of red carpet grimacing and Twilight fame — is not as fortunate as us regular folk.

Last week, the 22-year-old starlet was outed in a very public manner for cheating on her long-time boyfriend Robert Pattison with married Snow White and the Huntsman director Rupert Sanders.

Sadly 'Robsten' — perhaps the most overreaching celebrity couple portmanteau of all time — is no more. But while Twihard fan girls are mourning the end of an on-screen vampire romance turned true love, the rest of us are wondering, why on Earth we should care at all?

Oh that's right, because Stewart and her philandering partner released PUBLIC statements of apology, as if we are the ones being directly impacted by this made-in-Hollywood affair.

It seems confusing to me that stars in the spotlight — who usually demand privacy in times of great stress — would validate the role that these gossip magazines play in their personal relationships by issuing apologetic press releases. I think both Stewart and Sanders' statements have everything to do with creating publicity and very little to do with salvaging their respective relationships.

Unfortunately, overt performances of romance gone awry aren't confined to the world of celebrity couples.

I'll confess that I've been there. Following an Earth-shattering teenage breakup, I spent about a month adorning my MSN screen name with sensitive song lyrics by courtesy for my entire pre-Facebook social network to see.

And while these barefaced displays of pubescent melancholy might be forgivable from a 16-year-old, I still see the same sort of emotional exhibitionism from my peers a decade later.

I see it all the time, people baiting friends and followers with attention-seeking updates on their private-life dramas. Do you really find solace in smearing your broken heart all over your Facebook profile? Does tweeting about newly 'single and fabulous' status offer you real emotional validation? Is it really necessary to Instagram a photo of yourself with downcast eyes and a solemn pout with #Breakup attached?

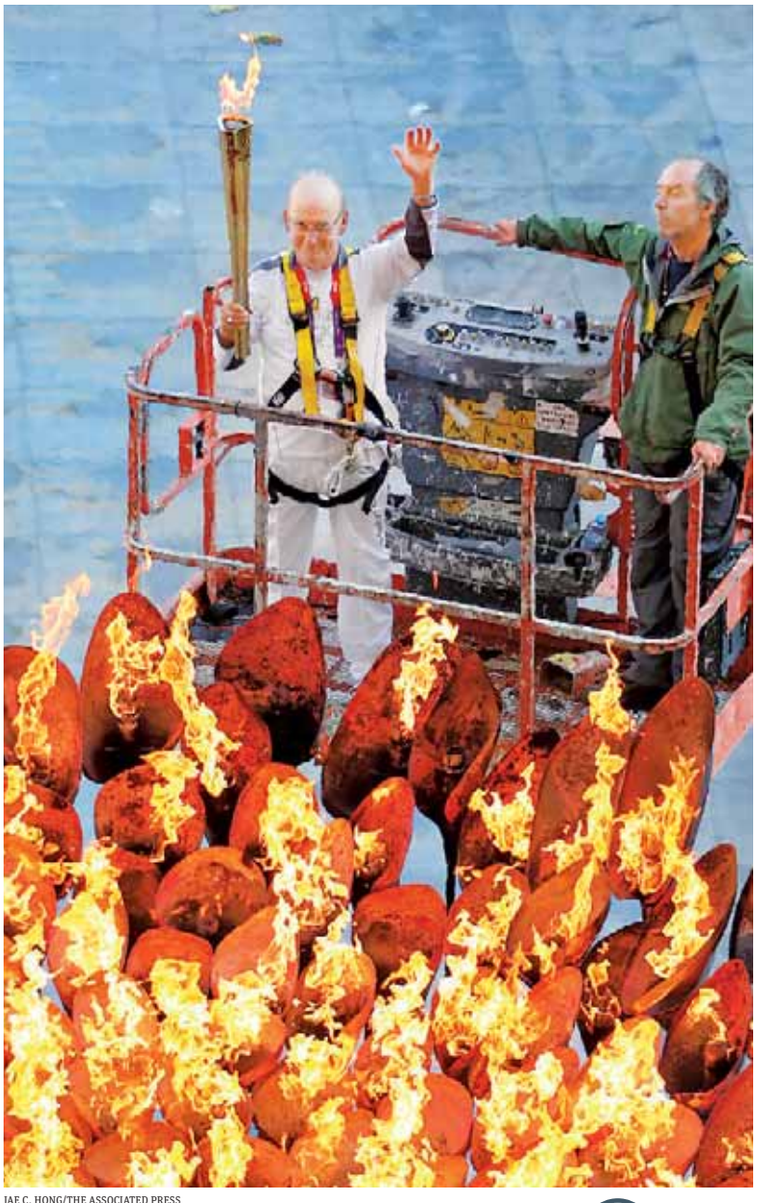
What does it say about us as a society that we not only have a schadenfreude-esq obsession with celebrity couple breakdowns, but that we feel the need to imitate their penchant for over-sharing in our own online worlds?

We should probably leave the brazen theatrics to shameless reality stars and teenagers with raging hormonal levels. Remember, not every emotional meltdown warrants a press release, at least not in the 'real' world.

Follow Jessica Napier on Twitter @MetroSheSays

Insiders are claiming Stewart's public apology was career suicide for the Twilight star, The Huffington Post reported. GETTY IMAGES

Where to find the Olympic cauldron



JAE C. HONG/THE ASSOCIATED PRESS

Let the flame begin

Fire returns after being relocated

Austin Playfoot, a torchbearer from the 1948 Olympics — when the Games were last held in London — and again this year, poses after lighting the cauldron at the Olympic Stadium during the 2012 Summer Olympics on Monday in London. The cauldron was moved from the infield to its resting position at the stadium.

Organizing committee officials said in a statement Monday that the cauldron was shifted from the middle of the stadium's infield to an area near the opening ceremony bell to prepare for the track and field competition, which begins Friday.

THE ASSOCIATED PRESS

Need a ticket to see

The cauldron will only be visible for those who have tickets to the track and field competition. This has been a cause for concern for spectators with a burning desire to get a photo with it.

Organizer says:

"It was not created to be a tourist attraction."

Sebastian Coe,
head of the London organizing committee, told the media.

Metropolitan Panel

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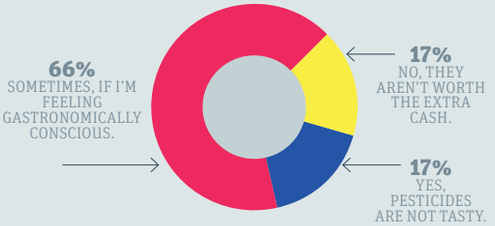
Do you buy organic groceries?



Twitter

@ThatGurlMeaghan: Congratulations Ruta Meilutyte! 15 year old gold medal winner womens 100 m breaststroke! #Swimming

@mergoddess13: Awww the 15yr old Lithuania swimmer made me cry, she one her 1st gold , amazing! Way to go Ruta Meilutyte!

@djvjmadscience: Well my friends, its that time again... for #Caribana!! I wish you all a splendid carnival week.. and remember to practice safe revelling!!

@SabrinaPWright: Having great music day! Thank you Frank Ocean :)

@AshleyBotting: "Let the bikes happen..." Thanks @galifianakisz, from your lips to Ford's ears. #Toronto #BikeTO

metro

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DVD reviews

Le Havre

Director. Aki Kaurismaki

Stars. Andre Wilms, Blondin Miguel, Jean-Pierre Darroussin

●●●●○

Le Havre is an exceeding droll comedy from Finnish master Aki Kaurismaki, whose dark worldview is balanced by a deep empathy for his blue-collar characters. Charming in its retro manners, cares and colours — while at the same time contemporary in its grasp of immigration and poverty issues — the film is set in the French port city of the title, a place where goods and people are constantly shifting. André Wilms stars as wily old shoeshiner Marcel, who dodges cops and creditors as he cheerily dispenses polish and eccentric home-spun philosophy out of the main railway station. Marcel's bonhomie is put to the test by a big event: a group of African stowaways, illegal immigrants all, have been discovered inside a container on the Le Havre dock. One of them, a young pre-teen named Idrissa (Blondin Miguel), manages to evade police and port authorities, and he's now being sought. Will Marcel squeal or assist? As good as the cast is, it's the deceptively passive Miguel who anchors the film.

PETER HOWELL

I'm Yours

Director. Leonard Farlinger

Stars. Rossif Sutherland, Karine Vanasse, Don McKellar

●●●●○

There aren't a whole lot of road romances where North Bay is the destination, and after this there aren't likely to be many more. A miscast and mismatched Rossif Sutherland and Karine Vanasse stretch credulity at every quirk-filled turn as they follow a bag of loot and chase family problems on the long trek from New York to Ontario's "Gateway to the North." Sutherland plays a Wall Streeter disillusioned upon turning 30. Vanasse plays the bar hook-up who becomes the reason for the road trip. The eye-rolling script is the main problem.

PETER HOWELL

If it ain't broke don't fix it, says No.1 CBS

Television Critics Association press tour. Network head touts first-place success, talks new and returning shows

AMBER RAY
Metro World News in New York

As head of the top-rated broadcast network, Nina Tassler, President of CBS Entertainment, didn't have many announcements to make when addressing journalists at the Television Critics Association press tour in Beverly Hills, Calif., other than one clear message: The network is on top, and plans to stay there.

"We're No. 1 in viewers. We're No. 1 in upfront revenue. We're No. 1 in Emmy nominations," Tassler said. "Good performance, good business, and outstanding quality on the screen. I'm really proud of the environment we've created for launching and sustaining hit shows, from development, to scheduling, to marketing, to current programming," she added.

In a "not broke, not gonna fix it" move, the CBS slate this fall includes just four new series: Elementary, a modern take on Sherlock Holmes; Vegas, about the politics and crime that shaped the Strip in the 1960s; Made in Jersey, a crime procedural following a Jersey girl working her way up at a high-end Manhattan law firm; and the buddy comedy Partners.

Regarding the pickup of Elementary at a time when there are many other versions of Sherlock Holmes on the pop culture scene (the BBC series Sherlock and the Sherlock Holmes movie franchise included), Tassler said, "when you have an opportunity to build a show around one of the greatest detectives in all of literature, you're going to jump at that opportunity."

She called the BBC series, which airs on PBS in the States, "extraordinary," and is confident "there's plenty of room for another Holmes in our world."

When questioned about Vegas and the recent failure of other period dramas on broadcast networks (The Playboy Club, Pan Am) Tassler insisted her '60s-set series goes beyond a nostalgia factor. It is foremost about the fascinating character of real-life Sheriff Ralph Lamb, who fought to bring order to the mob-run casino scene, she said.

"The fact that it was set in the '60s certainly informed the show, but it's not about the '60s, per se," Tassler said. "It's about these two forces that were battling for the heart and soul of Las Vegas at a very key moment in the history of the city."

Most questions posed to the CBS exec, however, involved returning series.

The '60s set series Vegas goes beyond nostalgia. HANDOUT

CBS is betting audiences aren't tired of Sherlock Holmes with the new Holmes-inspired show Elementary. HANDOUT

On football games running late and pushing back the start time of scripted series such as The Good Wife:
"One of the things we've done going into this season, we're developing new SMS texting technology to make sure our audience knows that the show is going to be delayed. Between texting, between online notification, between Facebook technology, I mean, literally, we do everything possible, and will continue to do everything, to make sure that the audience knows that the show will be on later as a result of (football)."

On cancelling CSI: Miami ...
"Saying goodbye to a CSI this year was — it was a very big deal. That show has been extraordinarily successful for us. So it was a difficult decision. What we looked at — it was a jump ball. What we looked at was Friday night versus Sunday night. We looked at the flow on Friday night for New York versus Miami. So it was a very tough choice. But as I said, it was really a jump ball and just had to do with the schedule."

... And changes to CSI: New York:
"We've added Natalie Martinez to the cast. The show has, as I said, a lot more humour and a lot more New York, fun, event-type stories."

How I Met Your Mother

Neil Patrick Harris
HANDOUT

Comedy. One of the biggest questions posed to Tassler was about renewing How I Met Your Mother and allowing the creators to tell the entire story. Here's what she had to say: "Well, they had an incredible year last year. We've got a great relationship with (creators) Craig (Thomas) and Carter (Bays), and certainly they have a very strategic wrap-up to the show. They know we want the show to come back next year. We are having conversations right now about extending it. We want the show to come back next year."

SCENE2

On the web

NY's graffiti artists of the 1970s and 80s, now in their 40s and 50s, still have urge to tag

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Life of Pi is a 'visually lush movie' says author Yann Martel. HANDOUT

Life of Pi brought to life by director Ang Lee

Book to film.
Trailer for movie adaptation of Yann Martel's famous novel released this month

A Saskatoon-based author who has already seen his novel become an international best-seller is getting ready to make headlines again.

Yann Martel's book, the Life of Pi, has become a movie.

There are no words in the trailer that was released recently, but Martel says it's the visuals that draw people in and that's thanks to director Ang Lee, known for such varied films as Brokeback Mountain and Crouching Tiger, Hidden Dragon.

"He cares about every single aspect of the movie, so it is a visually lush movie," says Martel. "Even if it's only the ocean, which you think is a fairly spare environment, it's a visually stunning, stunning movie."

Life of Pi is a fantasy-adventure story of an Indian boy who spends 227 days on a boat in the Pacific Ocean with a Bengal tiger.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Farrell living the simple, boring life

THE WORD
Monica Weymouth
scene@metronews.ca

Colin Farrell has been behaving himself for years now, doing just enough films to stay relevant while plugging just enough charities to seem rich and enlightened.

But while we may forget his rehab-and-sex-tape days, Farrell is surprised his career survived them. "I had burned so many bridges in the film industry that I couldn't get a f—king meeting," the actor tells Men's Health.

You can catch him this weekend in the remake of Total Recall, a role he was able to land thanks to his fairly healthy new lifestyle.

"I don't put the same level of energy into healthy living as I did into unhealthy living, but I eat really well, drink loads of green tea and take a s—t load of vitamins," he tells the magazine. "It's so f—king boring. Life has mutated to take on this sweet simplicity that I am really f—king OK with."

Colin, if you want in on our Pier 1-Target double-header this weekend, say the word.

Russell Brand

Brand backs up fellow funnymen

Comedians Dane Cook and Daniel Tosh have drawn fire this month for jokes about rape and the recent Colorado movie theater shooting, respectively. But who is the one person they didn't offend? Russell Brand. "I don't know about what Dane Cook or Daniel Tosh said, but I know that they are comedians, and I know they're nice human beings, so I don't imagine that they had any intention other than to elicit laughter from their fellow human beings, as is their job," Brand told reporters at the TCA panel for Brand X, his cable series. "I don't think we should create a state where people are afraid to talk. That could have much worse consequences."

Reality bites: Twilight stars will have to reunite

In the wake of Kristen Stewart's apology for cheating on Robert Pattinson, the Twilight co-stars are reportedly not speaking to each other, according to People magazine. Sources say both parties have left the L.A. home they share and are living elsewhere separately. "I'm not sure they'll be able to recover from this," a source tells the magazine, adding that Pattinson "is heartbroken and angry."

They'll have to face each other soon enough, though, as they're set to be co-presenters at MTV's Video Music Awards on Sept. 6, just as promotional duties begin in earnest for the final Twilight film, out in November.

Twitter

@MissKellyO
its really bothering me most US #OlympicReporters make a mockery the way ppl from my country talk/ our cultures we would never do that to you

@kirstiealley
we seriously need to wear false eyelashes.. watching Ghost Whisperer marathon.. 1st season no lashes. last seasons big lashes..Night & day

@kathygriffin
Can Mariah Carey PLEASE judge from her bubble bathtub every wk on American Idol? WITH a tiara on?

@katyperry
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LIFE 3

Taking the guesswork out of emergency room wait times

Technology. Hospitals across Canada are using tools to help patients make informed decisions about making the trip

CELIA MILNE
life@metronews.ca

How long will I have to wait in the Emergency? The answer to that question may soon be at your fingertips.

One hospital in Ontario and several in Alberta now have websites that tell patients how long they'll wait for emergency care.

"Patients and families appreciate knowing in advance how long they'll have to wait to see a physician or nurse practitioner," says Don Shilton, president of St. Mary's General Hospital in Kitchener, the first Ontario hospital with the tool. "This helps them plan their lives… whether to arrange child care or bring a book."

All hospitals across the country use a triage system to dictate which patients get seen first. Those with a life-threatening illness or injury, such as a heart attack or major trauma from a car accident, will always get priority.

Those with less-urgent needs, such as tummy pain or an earache, will have to wait longer. The new tool tells you, with the click of a mouse, the average wait time for those with non-life-threatening problems.

"The time on the clock is updated every 20 minutes," says Shilton. "If people decide they don't want to wait, the tool also lists alternatives to the emergency department such as urgent care clinics."

He hopes other hospitals adopt the tool, so that patients can explore alternatives online.

The next step is developing a smart phone App that helps you find the closest emergency department, provide directions on how to get there and show how long you'll wait once you get there.

"I can see this being very helpful if you were in a different city or part of the province," says Shilton.

Hospitals in Edmonton and Calgary are using a similar tool, according to Healthydebate.ca, an online health care magazine based at St. Michael's Hospital in Toronto.

Take the guess work out of wait times. GETTY IMAGES

Best Health

No excuse to avoid getting outdoors

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Have you passed up invitations to go car camping because you're afraid of roughing it? Best Health magazine is on a mission to convert you because the truth is, aside from the fact that spending time outdoors is proven to be good for your health, camping these days is so much more comfortable than you may think.

Excuse #1.
"I can't sleep on the ground or in a bag." Don't sleep on the ground; buy an air mattress (a wide one). Place an open sleeping bag on top. Then, use your home bedding. It's super cozy.

Excuse #2.
"I can't stand the idea of using an outhouse." They are horrible, but it's tough these days to find a provincial park that doesn't have proper bathrooms.

Get back to nature. GETTY IMAGES

Excuse #3.
"I don't want to eat dehydrated food and instant soup for days." Okay, so how about steak or chicken, baked potatoes and fresh veggies? Yes, you can enjoy these in the great outdoors. I've put together a menu and recipe ideas at besthealthmag.ca.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

Thoughts on...

Being good enough

We often come into contact with the idea that our best isn't good enough, as if this were actually possible.

If you examine this notion, you will begin to see that it doesn't make much sense. Your best is always good enough, because it comes from you, and you are always good enough.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE

On the Web

Is keeping life-threatening illness a secret doable in our share-all world?

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No smokes? How to cope

Health. Just given up smoking? Or trying to and feeling anxious? The Ex-Smokers are Unstoppable campaign is here to help.

This could be you /THINKSTOCK.COM

Take a flight

If flying makes you feel anxious and crave cigarettes, the European Lung Foundation and European Respiratory Society, they're launching the world's very first 'in-flight smoking cessation card,' an innovative health tool designed to help smokers during their smoke free flight, and encourage them to become smoke free for life.

The card provides helpful information for travelers struggling with nicotine withdrawal throughout their journey. Tips can include walking down the aisle to distract your thoughts away from smoking and getting in some exercise, taking small sips of water to flush out your system, taking deep breaths to delay your cravings and dedicating your time up in the air to listing the benefits of becoming a non-smoker.

"This campaign will help smokers when they are most stressed and hopefully give them the support and encouragement they need to make a positive decision about their smoking and therefore their health," says Monica Fletcher, Chair of the European Lung Foundation.

"We all take stock of our lives and health when we break to go on holiday, and if we can put in people's minds as they leave or fly back that they can be unstoppable without cigarettes then it will be a fantastic achievement."

Hire a coach

Fitness coaches are the norm but what about getting a smoking coach? iCoach (exsmokers.eu), a digital health platform offered by the Ex-Smokers are Unstoppable campaign, gives expert advice to those trying to quit smoking.

Fill out a questionnaire developed by psychologists and clinical experts — it assesses your behavior, attitude and motivations towards smoking.

From there your coach will provide you with tailored feedback, advice and techniques suited to your individual needs and desire to remain smoke free. Since the start of the campaign, 168,000 people have signed up for iCoach. The stats also revealed the average smoker lacks confidence — so the campaign motivates smokers with positive messaging, hence the iCoach and in-flight card.

Stay Motivated

Why did you quit in the first place? Setting your emotions aside and thinking rationally will help you control your actions.

Each time a craving hits, remind yourself why you stopped, says Dr Armando Peruga, the Programme Manager of the World Health Organization's Tobacco Free Initiative.

"The cost of smoking and the need to save money can motivate people to quit. If it comes to the point where you have to choose between buying cigarettes or food, you don't have much of a choice," she says.

"Love can also be a powerful motivational tool. People who are doing it for the ones they love, rather than for themselves, will have more strength when it comes to resisting temptation."

Exclusively online

For more information on the "Ex-Smokers are Unstoppable" campaign go to: exsmokers.eu

And remember, cravings don't last forever

Craving a cigarette is a bit like having a really bad headache — never ending, all consuming and unbearable.

"Projecting your thinking into the future and imagining how much better you will look and feel smoke free will help you ward off that craving," says Dr. Peruga. "The trick is to not get overwhelmed. Resist for five to ten minutes and you'll see that the feeling does pass."

Maybe pass the time by reading an in-flight card.

METRO WORLD NEWS

Bird flu. Researchers keeping a close eye on major conference

Six months after leading influenza scientists announced they would voluntarily halt research into what it takes to make bird flu viruses transmit among mammals, it's still not clear when and how the cease-work order will be lifted.

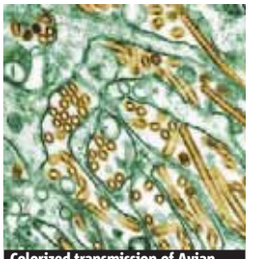
Figuring out what an acceptable path towards that end might be will likely occupy considerable time and brain power as many of the researchers capable of doing this work meet in New York next week.

Several months ago many expected the research moratorium would have been lifted by now. But it is becoming clear to the flu community that getting back to business as usual may not be an easy or quick task.

"I very much hope ... that no decision is made at that meeting," microbiologist David Relman says of the annual gathering of the Centers of Excellence for Influenza Research and Surveillance.

"I think that would be a terrible mistake for this particular sequestered private group to make a declaration and decide on their own that the moratorium has been lifted. I think that would be a terrible thing."

THE CANADIAN PRESS



Colorized transmission of Avian influenza A H5N1 viruses.
HANDOUT/THE CANADIAN PRESS

CEIRS

The group goes by the acronym CEIRS, pronounced like the department store Sears

- **Big meeting.** Its annual three-day get-together begins work Monday in New York City. It is unclear if this issue will be addressed.

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Your fave Japanese appetizer finds its way into tasty salad

Edamame Salad

This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Edamame is all the rage today. These soy beans are a great source of protein, an excellent source of fibre and loaded with vitamins and minerals. You can eat them on their own or toss them into a salad.

1. Boil edamame beans just until bright green, approximately 3 minutes. Drain and rinse with cold water. Place in serving bowl.

2. In non-stick skillet sprayed with vegetable oil, sauté corn just until browned, approximately 5 minutes. Add to edamame along with water chestnuts, bell pepper, green onions and cilantro.

3. For dressing: Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

Salad
- 3 cups frozen edamame beans
- 1 cup canned corn kernels, drained
- 1/2 diced water chestnuts
- 1/2 cup diced red bell pepper
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro

Dressing
- 2 tbsp soy sauce
- 1 1/2 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- 1/2 tsp minced ginger

Garnish
- 1 tsp toasted sesame seeds

Health Solutions

Best bet beans

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Recent studies have shown that as little as 1/3 cup of beans can prevent or reduce peripheral artery disease (the first signs of heart disease). Well, if it's that easy...giddy up. Any pulse or dried bean will do but here are a few winners.

Highest Protein Bean: Soybeans

Choose whole, organic, frozen edamame beans, steam and salt them. Serve them as a snack or appetizer.

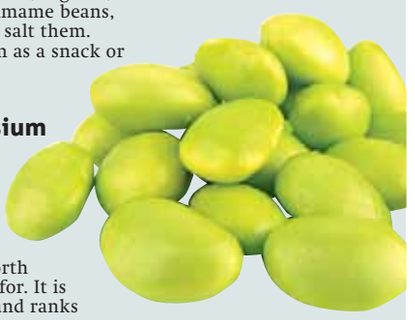
Highest Magnesium Beans: Adzuki Beans

This Japanese bean is worth searching for. It is delicious and ranks highest in many nutrients. Find it in canned form in Asian or health food stores. If you can't find it, navy beans come close. Add them to pastas and soups.

Easiest Bean: Lentil Hummus

Two tablespoons of this spread will do. Any hummus works but lentils are higher in fibre, folacin and iron. Baby carrots, anyone?

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.



The battles of the grill

Most men like fire. Because of that, most like barbecuing as well. ISTOCK

Dialogue. Excerpt from Shut Up and Eat! takes humourous look at a conversation that many couples could have this summer

KATHY BUCKWORTH
life@metronews.ca

One of the great things about barbecuing is that it is normally relatively easy to suck the man of the house into actually cooking. Something to do with an open flame and the inherent explosive danger proves irresistible to these gullible fellows.

Of course, the big downside is because they have spent a good 20 minutes searing a steak, they expect to get the credit for the entire meal, which, by the way, consists of salad, potatoes, fruit and dessert, all of which has taken you about two hours to complete.

Personally, I try to find additional things for my husband to do while in the backyard manning the grill — including garbage clean up, putting the hose away, backwashing the pool, installing some fencing.... Be creative and see how far it takes you.

Also, be prepared for the following conversation:

Him: OK, honey, so I'll take care of dinner tonight. I picked up some steaks.

Me: Great. So what are we having with them?

Him: Potatoes and corn.

Me: You have that?

Him: We always have potatoes and corn in the house. (Sadly, we do.)

Me: OK, whatever.

Him: Right then, I'm starting up the barbecue.

Me: Yeah, listen, I only need about an hour to get the other stuff ready. You might want to wait.

Him: (Gone outside.)

Me: *%^&*'ng idiot.

Him: I'm ready for those steaks now.

Me: Fabulous. Hope they need about 45 minutes on the barbecue because that's how long the rest of the dinner is going to take. Hey, who's setting the table?

Him: (Back outside again, stopping only to grab a beer out of the fridge.)

Me: %^$&#*'ng idiot. Kids, get in here and set the table and help me husk the corn!

Him: OK, we're almost done.

Me: Stupendous. Just cut my finger with a knife while trying to peel the potatoes because your idiot son used the potato peeler to whittle a stick last week. Oh, yeah. The corn is still hard and we've only found four forks.

Him: (Gone. The sound of a beer cap twisting can be heard from the deck.)

Me: ^&$^#'ng idiot. Ouch. Crap. Damn.

Him: And we're ready. Kids, dinner!

Me: What the hell are you doing? The potatoes are half raw, the water for the corn hasn't boiled yet and I'm still on hold with Telehealth to see about this red line that's travelling up my arm from the cut on my finger.

Him: Mmmmmm. Now that's a steak. Your Dad knows how to cook, eh guys?

EXCERPTED FROM KATHY BUCKWORTH'S SHUT UP AND EAT! TALES OF CHICKEN, CHILDREN & CHARDONNAY, KEY PORTER BOOKS, 2010, AVAILABLE IN PAPERBACK OR KOBO. VISIT KATHYBUCKWORTH.COM; FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH. KATHY'S NEW BOOK, I AM SO THE BOSS OF YOU WILL BE RELEASED BY RANDOM HOUSE IN SPRING, 2013.

Doctor? No, I'm a 'murse'

Careers. Welcome to the world of the male nurse. More men are taking pink collar jobs stereotypically reserved for women

MICHELLE CASTILLO
life@metronews.ca

I'm not a doctor, I'm a murse / THINKSTOCK.COM

Jeffery Peralta is a nurse who works in pediatric care at the Children's Recovery Center of Northern California (CRC), as well a pediatric primary and urgent care nurse at the Santa Clara Valley Medica Center, East Valley Clinic near San Jose, Calif.

"There is a spectrum of reactions that I get when I tell people that I am a nurse," Peralta tells us.

"One of my favourites is, 'Why didn't you just become a doctor?' There are people who also look at nursing in a different light and respect my profession as an esteemed role within the medical model."

At one point, people might have questioned his career choice for a different reason: the fact that he's a 25-year-old man in a typically female profession.

But, he's actually joining a growing number of American men who are taking up pink collar jobs — careers typically dominated by women.

According to a recent New York Times' analysis of U.S. census data, one-third of all job growth for men between 2000 and 2010 occurred in careers that were more than 70 per cent female.

One of the most stereotypical pink collar jobs is nursing. Male nurses are often given the nickname 'murse,' but with slowly increasing numbers that may change.

The U.S. Bureau of Labor Statistics reported that in 2011, 290,000 of nursing, psychiatric, and home health aides were men and 1,900,000 were women. Looking at the nursing field specifically, the Health Resources and Services Administration — which publishes data on nurses in the United States every four years — said 6.6 per cent of the nurses in the United States in 2008 were males. When you take into account that there were just about 45,000 registered male nurses in the 1980s and about 168,000 registered male nurses as of 2008, it's a giant leap.

While the overall increase of men who are taking pink collar jobs has only been proven in the U.S., several other countries are seeing more men choosing certain pink collar occupations.

In the U.K., 52 per cent more men applied to teach primary school students and now make up 30 percent of the applicants, according to Training and Development Agency for Schools.

As for nursing, 13 per cent of the University of Calgary's fall 2011 nursing program was male, the highest number of men they've seen interested in the course.

According to the Canadian Nurses Association, male nurses have doubled in the last decade and now make up six per cent of the work force. The Australian Institute of Health and Welfare also reported an increase of male nurses from 7.9 per cent of the workforce in 2005 to 9.6 percent of the workforce in 2009.

On Peralta's team at CRC, seven members of the group are men whereas the other 29 members are women. Numbers are similar in his other job where he is one of the four men out of the 19-person team.

Work culture. Are men discriminated against?

Just because there are more men taking pink collar jobs doesn't mean that both men haven't noticed that their gender hasn't played a role in how people treat them. The male nurse interviewed above, Jeffrey Peralta, who is a homosexual man, says he often feels dominated by the women in his job.

He said he doesn't speak up because he's often afraid of retaliation. "I feel that I have been passed up on promotions because of favouritism between female staff nurses and members of upper management who are also women, despite the excellent care that I give to my patients," Peralta said.

"I have always felt that I have been part of the minority in my personal life, and my role in my professional life is no different."

Mark Bala, an operating room nurse in the Philippines, stated that the public normally doesn't have a problem accepting the fact that he's a male nurse. He has noticed, however, that some doctors prefer female nurses over male nurses.

"I know one doctor who's always hot tempered when one of his team is a male nurse," he said. "If a female nurse is assisting him he's very calm and his demeanor changes." METRO

Good job. Males settling in to a female-fronted industry that pays well

Pink collar jobs, while not top-earning careers, are typically well-paid jobs, many of which do not need long-term education which can get costly. The median annual wage of a nurse in May 2010 was $64,690 in the United States.

When Mark Bala, an operating room nurse in the Philippines, was in high school and had to declare a major for college, he immediately put down nursing. His grandfather, who lived in the United States, told him that being a nurse was a good way to support a family. But, after Bala failed to get into the popular major, he chose a different career path and ended up as a research assistant for an environmental firm for a year and a half.

=Then, Bala found out he had to undergo major surgery. A college friend who had graduated with his 2001 class who had returned to school to pursue nursing encouraged Bala to re-enroll after he recovered. His aunt also broached the idea because she noticed that nursing was become a popular career in the both in the United States and the Philippines.

"Our family wasn't that well to do," he explained. "It was love for the family. I just wanted to have a better future for my family."

What do you think? Does it matter which sex does which job? Write to us at life@metronews.ca. METRO

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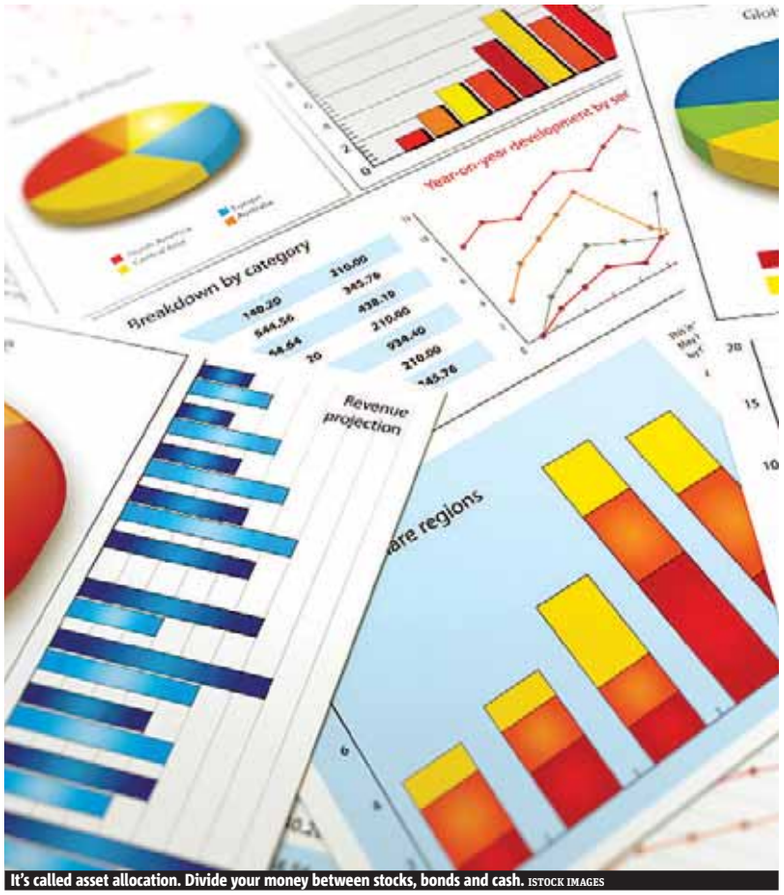

It's called asset allocation. Divide your money between stocks, bonds and cash. ISTOCK IMAGES

100% invested in the stock market? Spread some of that cash out

Alison's money rule. Timing the stock exchange to perfection is probably as difficult as winning the lottery

YOUR MONEY
Alison Griffiths
money@metronews.ca

A couple of days ago I got the kind of email I hate the most. If it had been snail mail I would have seen tear drops on the paper.

It was from a distraught woman in her mid-40s who was taking a beating in the stock market. Her portfolio had been 100 per cent invested in stocks (through mutual funds) and she flip-flopped back and forth between the US and Canadian market — losing both ways.

Now she's pulled all her money out of the market, paid deferred sales charge fees on her mutual funds, and is sitting on the sidelines waiting for the right moment to get back in. Essentially she is doubling down on a bad bet and she's almost certain to lose again.

I'd have no quarrel if she can't stomach the turmoil of the stock market. But if so she should put her money in GICs or a savings account. She won't make much money but she won't lose any either.

The simple fact is that the average investor cannot time the market and very few professionals can manage the trick either.

So what can you do? It's called asset allocation.

The task is to divide your money among equities (stocks), bonds and cash. Historically the equities provide growth over time. Bonds provide ballast because they churn out interest when the stock market goes down. Cash is for emergencies and it also will provide some interest income.

In numbers

9 per cent

The average annual return of investment grade corporate bonds over 20 years with interest re-invested.

A sample asset allocation might be 50 per cent equities, 40 per cent bonds and 10 per cent cash. The equities could be divided 25 per cent U.S. and 75 per cent Canada. Pick an allocation that works for you, your risk tolerance and your situation.

The next step is critical. Use new contributions or dividend and interest income to maintain your allocation. This is called rebalancing and it's the key to lowering risk and increasing return.

Unless you have an accurate crystal ball, correctly timing the stock market is less likely than winning the lottery.

How to save $120K by brown-bagging it

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

Ever wonder what buying your lunch each workday actually costs you over the course of your working career?

According to VISA Canada's July 2012 lunch survey, the average Canadian will spend just less than $9 on their lunch when eating out. When $9 per workday is compounded at the rate of inflation, 3.5 per cent, for 40 years, it adds up to a whopping $180,000!

A brown bag alternative, costs up to $3 per day or $60,000 throughout a person's working career when the same calculation is applied. Not only is a brown bag lunch frugal, it's often healthier than purchasing fast foods or lunches that contain unhealthy ingredients.

Simply making lunch at home rather than buying it could save the average Canadian nearly $120,000.

Imagine what you could do with that kind of dough! Pay off your mortgage, save for your retirement, sail around the world for three years or send your children to top Canadian universities.

If you're concerned about being a social outcast at work because you're brown bagging it, park that thought.

Encourage your colleagues to pack their lunches by telling them how much they can save too.

Turn it into a game — track each other's progress by throwing the 'would be' lunch money into personalized savings jars that can be deposited into an investment plan once per week. Whoever saves the most wins a free picnic pot luck lunch, hosted by the colleagues that lost the game.

Don't bail on the brown bag alternative even if you're not Chef Gordon Ramsay.

Take 5 minutes on Sunday night to plan out your lunches and then head to your local grocery store. Purchase only what you'll need for the week and ensure you've bought a variety of foods from all the food groups — fruits, veggies, breads, meats, and dairy. Stick with healthy foods that will give you plenty of energy for your busy workday.

Save big bucks by using coupons at the grocery store, buying locally grown foods and produce that is in season. If you're not great at making salads or sandwiches, cook a bit extra at dinner and take leftovers for lunch.

Rather than unnecessarily ingesting $120,000, put it towards something you're dreaming about — a financial goal that builds your bottom line.

More Fun and Frugal

Follow Lesley on Twitter @LesleyScorgie

If you're worried about being a social outcast, encourage your colleagues to pack their lunches too. ISTOCK IMAGES

Only 35 per cent of Germans even have a credit card. ISTOCK IMAGES

Germany's cash culture shows aversion to debt

Tough bailout stance. Paying cash ensures you don't spend more than you have

Head to the checkout at an Ikea store in Stockholm to pay for your new leather corner sofa and with the swipe of a Visa card it's yours. Don't try that in Berlin — that'll be 1,699 euros ($2,107 Cdn) up front, please.

It's that financial culture — a deep-seated aversion to debt and an emphasis on responsibility — that makes Chancellor Angela Merkel's hardline approach to solving the European financial crisis so popular in Germany. The attitude shows up in all walks of life, from the daily trip to the store to buying a house.

The economy is so reliant on cash for transactions small and big, a way to ensure you don't spend more than you have, that Germany pushed hard for the 500-euro note to replace its popular 1,000-mark bill when it joined the common currency.

It's one of the largest denomination notes being produced anywhere today, worth around $620, and is even known in neighbouring France as "the German note." While even discount supermarkets in Germany happily take the big euro bill, very few shops in France will accept it.

Even though Germany is Europe's largest economy and one of its richest per head, it is last in home ownership with just over 40 per cent. That compares to some 80 per cent in troubled European Union countries like Greece, Italy and Spain, and around 70 per cent in Britain and the United States, where owning your own home is part of the "American Dream."

Germans tend to be instinctively averse to taking out a mortgage. And lenders often demand a 20 per cent down payment on a house or substantial collateral. So a culture has sprung up of just renting and holding on to cash.

The German aversion to debt also translates to credit card use — or non-use. Only 36 per cent of Germans over the age of 15 even possess a card, compared with 62 per cent in the U.S., according to World Bank figures. And even when Germans do have a card, the limit is usually tied to a customer's bank balance and the bill is automatically paid off from the customer's account.

"If I pay with my Visa, then Visa takes it from my account — I don't get any real benefits," said Rainer Hoedt, a Berlin high school teacher.

THE ASSOCIATED PRESS

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SPORTS 4

Jays' injury woes reminiscent of '94, says legend Ward

Baseball camp. Jays alumni Jesse Barfield, Mookie Wilson, Frank Catalanotto and Duane Ward are in town for three days to teach fundamentals to more than 100 local kids

JOHN MATISZ
Metro in London, Ont.

Alumnus turned instructor Jesse Barfield, 52, offers advice to Brett Sproule, 13, of Chatham, during Day 1 of the 2012 Toronto Blue Jays Summer Camp's three-day stop at London's Centrefield Sports training centre (25 Midpark Cres.).
JOHN MATISZ/METRO

For ex-Bluebird Duane Ward, the Toronto Blue Jays 2012 season is bringing back all the wrong memories.

"When you're fighting a man with one arm tied behind your back, it's kind of unfair," the 48-year-old said of the club's year-long battle with the injury bug.

In 1994, Ward — who played all but 10 games of his 462-game Major League Baseball career in a Toronto uniform — sat out the entire lockout-shortened season due to bicep tendinitis. The relief pitcher retired shortly after, playing only four more games.

Now playing the part of a full-time instructor for a Jays-themed summer baseball camp, the Park View, N.M., native says he feels the current squad's pain.

"I think once a rash of injuries hit it's like, 'How do I stop it?' Because it just starts snowballing," Ward said, referring specifically to Brandon Morrow's June 11 oblique strain. "Look at them right now, they've been hampered for a couple of months, but still only three games out of the extended wild card."

Canadian baseball fans have been starved for a taste of the post-season for 19 consecutive years. Ward's career peaked during the franchise's back-to-back World Series titles, recording a 1.95 earned-run average in 1992 and saving 45 games the following campaign.

Duane Ward in London on Monday.
JOHN MATISZ/METRO

A recent injection of youthful talent, a determined group of managers, and an enviable farm system has most pundits believing the Jays are on the upswing for the first time since the early 1990s. Yet, heading into August, they're still hovering around the .500 mark.

"The guys in the front office — president Paul Beeston, vice-president Stephen Brooks, general manager Alex Anthopoulos — they're trying to do everything they can to help this team win and get back into the playoffs," Ward said.

The Jays brass, whether concentrated on a potential playoff berth or already planning for next year, is undoubtedly holding its collective breath right now, Ward says.

"I promise you," he said, "everybody in the organization is going, 'What's going to happen next?'"

The fundamentals

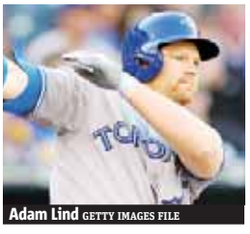
What rubbed off on the camp participants after Day 1?

- "I learned how to hit properly and I learned how to pitch better, catch a fly ball." — Noah Price, 11, Mitchell Astros
- "I learned that when you're baserunning, you can stop when you're rounding the bag." — Caleb Clark, 8, Orillia Padres
- "They pretty much teach you everything. I liked how there were all these stations, not just one." — Brandon Day, 10, Orillia Blue Jays

Mobile sports

Brett Favre's post-NFL career is underway and it's decidedly low key compared to what the former star quarterback is used to. In his first season as offensive co-ordinator at 1,500-student Oak Grove High School in Mississippi, Favre says the team's "biggest learning curve as a team might be my learning curve." Scan the code for the story.

MLB. Adam Lind goes on DL with back strain



Adam Lind GETTY IMAGES FILE

The Toronto Blue Jays placed first baseman/designated hitter Adam Lind on the 15-day disabled list Monday with a mid-back strain.

The move is retroactive to last Thursday.

Lind, 29, has appeared in 24 games for the Blue Jays since being recalled from triple-A Las Vegas last month, posting a .288 average with five home runs and 16 RBIs.

In 58 games overall, the Muncie, Ind., native is batting .227 with eight home runs and 27 RBIs.

The Jays have recalled first baseman David Cooper from Las Vegas for the second time this season.

In 24 games with Toronto this season, Cooper, 24, from Stockton, Calif., is batting .292 with two home runs and six RBIs.

In Las Vegas, Cooper is batting .314 with 10 home runs, 52 RBI and a team leading 27 doubles.

THE CANADIAN PRESS

Horse racing

Strait of Dover done for year

Strait of Dover's season is over.

The Queen's Plate winner has been shut down for the remainder of the 2012 thoroughbred campaign with a ligament ailment.

Trainer Dan Vella figures the prized three-year-old was injured just over a week ago during a training session in preparation for the $500,000 Breeders' Stakes, slated for Sunday at Woodbine Racetrack.

THE CANADIAN PRESS

NHL

Leafs add depth with four signings

The Maple Leafs ensured themselves of some depth in their system by signing four players on Monday.

Defenceman Mark Fraser got a two-way, one-year contract while forwards Mike Zigomanis, Will Acton and defenceman Dylan Yeo signed one-year, AHL deals with the Marlies.

The 25-year-old Fraser came to the Marlies from the Syracuse Crunch, the Anaheim Ducks' top affiliate, in a mid-season trade for Dale Mitchell.

Zigomanis, 31, led the Marlies in scoring this past season, registering 61 points (19 goals, 42 assists).

Acton, 25, had 16 points (seven goals, nine assists) with the Marlies.

Yeo, 26, skated in 48 AHL regular season games with the Oklahoma City Barons in 2011-12, posting 13 points (five goals, eight assists). TORSTAR NEWS SERVICE

Mike Zigomanis TORSTAR NEWS SERVICE/THE CANADIAN PRESS

NBA

Raptors re-sign Alan Anderson

The Toronto Raptors re-signed free-agent forward Alan Anderson on Monday.

Anderson was signed to a 10-day contract on March 26, then for the rest of the season April 16, averaging 9.6 points, two rebounds and 27.1 minutes in 17 games. He averaged 6.7 points, 1.9 rebounds and 18.3 minutes in 70 appearances with Charlotte and Toronto. THE CANADIAN PRESS

Games in pictures

1 Rowing. Men's eight fight their way to spot in repechage final

The Canadian men's rowing eight bounced back from a poor heat to finish second in its repechage and advance to the final. The men's four moved on to the semifinal.
THE CANADIAN PRESS

2 Swimming. Canuck women prove quick learners in pool

Canadian swimmers Barbara Jardin and Samantha Cheverton, pictured, made impressive Olympic debuts Monday as they qualified for the semifinals in the women's 200 freestyle. THE CANADIAN PRESS

3 Beach volleyball. Canada spiked by Norway in Game 2

The Canadian men's beach volleyball team of Josh Binstock from Richmond Hill, Ont., and Martin Reader of Comox Valley, B.C., lost to Norway to fall to 1-1.
THE CANADIAN PRESS

4 Equestrian. B.C. rider Bennett-Awad thrown from horse

Canadian rider Hawley Bennett-Awad was thrown from her horse and taken to hospital during the cross-country portion of Olympic equestrian eventing on Monday.

The 35-year-old from Murrayville, B.C., fell from her horse, Gin & Juice, and was taken to the Royal London Hospital for further examination, according to a team spokesperson. THE CANADIAN PRESS

Canadians sidestep Round 1 obstacles

Tennis. Ontario's Raonic and Quebec's Wozniak dominate opening matches in London

Milos Raonic serves at Wimbledon on Monday. RYAN REMIORZ/THE CANADIAN PRESS

It didn't take long for Canada's Milos Raonic to show his opponent what to expect in their first-round men's singles match at the London Games.

Raonic opened the match by firing an ace that hit the back fence in a heartbeat and left Tatsuma Ito completely flat-footed. The Japanese player never found an answer for the Canadian's booming serve, with Raonic posting a comfortable 6-3, 6-4 victory at the All England Club.

"I'm fortunate enough to play with a big enough game that most of my results are going to depend on me," Raonic said. "I feel like if I step it up, I will have an opportunity to win."

Raonic used ground strokes and mixed in some deft cut shots to prevent Ito from finding his rhythm. The Thornhill, Ont., native picked up an early break for a 3-1 lead and was never threatened the rest of the way.

"It was a perfect match to get into the tournament," said Canadian coach Martin Laurendeau. "He could work on his game and his patterns and make sure everything is nice and clean and he was able to do that convincingly."

Aleksandra Wozniak of Blainville, Que., also posted a straight-set victory in her opening women's singles match. She defeated Marina Erakovic of New Zealand 6-2, 6-1.

"It's my first Olympics and it's so different than any Grand Slam or any WTA tournament," Wozniak said. "Tennis is such an individual sport, but (here) it's like you play for your own country. So the first victory for sure, it's for Canada."

Competition rising

The draw gets a lot tougher now for the No. 25-ranked Raonic, with a second-round match against world No. 6 Jo-Wilfried Tsonga of France on tap for Tuesday.

- Wozniak also faces a huge challenge in Round 2 where she will meet Venus Williams.

Toronto's Daniel Nestor and Vancouver's Vasek Pospisil won their opening men's doubles match later Monday. They beat Horia Tecau and Adrian Ungur of Romania 6-3, 7-6 (9).

"I'm playing with one of the best doubles players in the world," Pospisil said. "We get fired up and we play some of our best tennis."
THE CANADIAN PRESS

Aleksandra Wozniak returns a shot at Wimbledon Monday.
RYAN REMIORZ/THE CANADIAN PRESS

Social media. Bailey lets Olympic spirit shine on Twitter

Donovan Bailey celebrates winning the 100-metre sprint gold medal at the 1996 Atlanta Games. LUTZ BONGARTS/BONGARTS/GETTY IMAGES FILE

Donovan Bailey might be 16 years removed from Olympic glory, but that doesn't mean the former sprinter isn't paying attention to next generation of Canadian athletes.

The double gold medallist at the Atlanta Olympics sent out a message on his Twitter feed Monday to Canada's competitors at the London Games.

"Don't let small minds convince you that your dreams are too big! Go Canada let's dominate!," tweeted Bailey, who set a then-world record time of 9.84 seconds in the men's 100-metre final in Atlanta.

Bailey, who was also part of Canada's gold-medal winning 4x100-metre men's team in 1996, added some encouraging words for tennis player Milos Raonic before his first-round match at the Games.

"Good luck to @milosraonic today in his first match at the Olympics!," Bailey wrote, before later congratulating the No. 25-ranked player in the world on his straight-sets win.
THE CANADIAN PRESS

Agnel steals show in 'race of the century'

Swimming. Big Frenchman cruises to second gold medal in 200-metre free event

Yannick Agnel is turning into a giant-beater. Actually, he is a giant.

At six-foot-five, the Frenchman has used his extra-long frame to dominate on consecutive nights in the Olympic pool.

First came his come-from-behind anchor leg to push ahead of Ryan Lochte and the Americans in the 4x100 freestyle relay on Sunday. Then on Monday, Agnel routed a stellar field by nearly two seconds to win the 200 free individual event.

Agnel led from start to finish and clocked one minute, 43.14 seconds for the best time ever in a textile suit, a whopping 0.72 ahead of Michael Phelps' 2007 mark.

Yannick Agnel with his gold medal on Monday. THE ASSOCIATED PRESS

Defending silver medallist Park Tae-hwan of South Korea and 400 free champion Sun Yang of China shared silver in 1:44.93, while world champion Lochte finished fourth and world-record holder Paul Biedermann of Germany was fifth.

With so many standouts, and despite Phelps' decision not to enter, the event was dubbed the "Race of the Century."

"I had to look twice at the scoreboard to be sure it was the right time. I had a race plan in my head, but this is above my expectations and hopes," Agnel said. "I worked on keeping my speed and putting all my guts into the last 50. I don't know what to say — it worked."

Camille Muffat gave France another gold in the women's 400 free on Sunday and France stands second to the United States in the swimming medals table.

THE ASSOCIATED PRESS

Chinese rise above in team competition

Chinese gymnast Chen Yibing performs on the rings during the gymnastic men's team final. The Chinese won their second straight Olympic team title and third in four games on Monday. Their score of 275.997 points was more than four points better than Japan. Britain initially was announced as the silver medallist, but Japan appealed the score of three-time world champion Kohei Uchimura on pommel horse. The judges changed his score from 13.466 to 14.166 — enough to move Japan from fourth to second with a total of 271.952. Britain was bumped down to bronze, while Ukraine dropped to fourth. JULIE JACOBSON/THE ASSOCIATED PRESS

Tuesday's must-see 3

Women's team gymnastics

The Canadian women's team will compete in Tuesday's team final, with Brittany Rogers of Coquitlam, B.C., and Elsabeth Black of Halifax, pictured, earning berths in the vault final.
Time: 11:30 a.m.
Channel: CTV

2

Women's soccer

The Canadians face a tough test against Sweden, bronze medallists at last summer's World Cup. A win ensures the Canadians a spot in the quarter-finals.
Time: 9:30 a.m.
Channel: Sportsnet

Women's weightlifting

Christine Girard will try to improve on her fourth-place finish at the 2008 Beijing Games in the women's 63-kilogram event. Girard won gold in the event at the 2011 Pan Am Games.
Time: 10:30 a.m.
Channel: TSN
THE CANADIAN PRESS

Day 3 results

MEDAL STANDINGS

After 38 of 302 total medal events

Nation	G	S	B	Tot
China	9	5	3	17
United States	5	7	5	17
France	3	1	3	7
North Korea	3	0	1	4
Italy	2	4	2	8
South Korea	2	2	2	6
Russia	2	0	3	5
Kazakhstan	2	0	0	2
Japan	1	4	6	11
Australia	1	2	1	4
Romania	1	2	0	3
Brazil	1	1	1	3
Hungary	1	1	1	3
Netherlands	1	1	0	2
Ukraine	1	0	2	3
Georgia	1	0	0	1
Lithuania	1	0	0	1
South Africa	1	0	0	1
Colombia	0	2	0	2
Britain	0	1	2	3
Cuba	0	1	0	1
Germany	0	1	0	1
Mexico	0	1	0	1
Poland	0	1	0	1
Taiwan	0	1	0	1
Thailand	0	1	0	1
Azerbaijan	0	0	1	1
Belgium	0	0	1	1
Canada	**0**	**0**	**1**	**1**
India	0	0	1	1

WHAT CANADA DID

Monday at the 2012 London Olympics

ARCHERY

Men's individual 70-metre — Crispin Duenas, Toronto, was eliminated after losing in the first round to Ahmed El-Nemr of Egypt, 6-2.

BADMINTON

Women's singles — Michele Li, Toronto, lost her opening-round match to Wang Yihan of China, 21-8, 21-16, and will not advance.

BASKETBALL

Women — Shona Thorburn, Hamilton, scored 18 points as Canada (1-1) downed Britain, 73-65.

BEACH VOLLEYBALL

Men — Joshua Binstock of Richmond Hill, Ont., and Martin Reader, Comox Valley, B.C., lost their round-robin match to Martin Spinnangr and Tarjei Viken Skarlund of Norway, 21-14, 21-18.

EQUESTRIAN

Individual eventing — Jessica Phoenix, Cannington, Ont., is ranked 28th overall following the cross-country event with 57.20 points; Michelle Mueller, Port Perry, Ont., is 58th (120.20); Peter Barry, Dunham, Que.; Rebecca Howard, Salmon Arm, B.C.; and Hawley Bennett-Awad of Murrayville, B.C. — who was taken to hospital after a fall — were not ranked due to incompletion of course.
Team eventing — Canada stands in 12th place after the jump qualifier with 1,177.40 points.

FENCING

Women's individual epee — Sherraine Schalm, Brooks, Alta., was eliminated after losing in the opening round to Shin A Lam of South Korea, 15-12.
JUDOMen's 73 kg class — Nicholas Tritton, Perth, Ont., lost in the opening round to Navruz Jurakobilov of Uzbekistan, by Yuko (non-combativity).
Women's 57-kg — Joliane Melancon, Blainville, Que., was defeated by Sabrina Filzmoser, Austria, by Uskiro-kesu-gatame.

ROWING

Men's fours — Canada (William Dean, Kelowna, B.C.; Anthony Jacob, Victoria; Derek O'Farrell, Montreal; and Michael Wilkinson, North Vancouver, B.C.) advanced to the semifinals after placing third in their qualifying race in five minutes 50.78 seconds.
Men's eights — Canada (Gabe Bergen, 100 Mile House, B.C.; Jeremiah Brown, Cobourg, Ont.; Andrew Byrnes, Toronto; Will Crothers, Kingston, Ont.; Douglas Csima, Oakville, Ont.; Robert Gibson, Kingston, Ont.; Malcolm Howard, Victoria; Conlin McCabe, Brockville, Ont.; Brian Price, Belleville, Ont.) were second in their repechage heat (5:27.41) and earn a berth in the finals.

SAILING

Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in ninth place following two races with a score of 19.
Men's finn — Greg Douglas, Toronto, stands in 17th place after four races (68).
Men's laser — 18. David Wright, Toronto, ranks 18th after two races (33).
Men's star — Canada (Richard Clarke, Salt Spring Island, B.C.; and Tyler Bjorn, Beaconsfield, Que.) are in 12th place after four races (40).
Women's laser radial — Danielle Dube of Glen Haven, N.S., stands 23rd overall after two runs (43).

SHOOTING

Men's 10-metre air rifle — Cory Niefer, Saskatoon, placed 46th in qualifying with a score of 581, did not advance.

SWIMMING

Men's 200 butterfly — David Sharpe, Halifax, placed seventh in his qualifying heat (1:59.87), did not advance.
Women's 200 individual medley — Erica Morningstar, Regina, failed to advance after posting a time of 2:14.32 in qualifying.
Women's 200 freestyle — Barbara Jardin, Notre-Dame-de-Grace, Que. (1:57.91), and Samantha Cheverton, Lachine, Que. (1:57.98) failed to qualify for the final after placing 10th and 11th overall in the semifinal round.

TENNIS

Men's singles — Milos Raonic, Thornhill, Ont., won his first-round match over Tatsuma Ito, Japan, 6-3, 6-4.
Men's doubles — Daniel Nestor, Toronto, and Vasek Pospisil, Vancouver, won their opening match over Horia Tecau and Adrian Ungur of Romania, 6-3, 7-6(9).
Women's singles — Aleksandra Wozniak, Blainville, Que., downed Marina Erakovic, New Zealand, 6-2, 6-1, and will face Venus Williams of the U.S. in the second round.

WEIGHTLIFTING

Women's sub-57 kilogram class — Annie Moniqui, Quebec City, placed 16th overall with a top weight of 190 kilograms.

BASKETBALL

WOMEN

First Round
Monday's results
China 83, Croatia 58
Turkey 61, Czech Republic 57
France 74, Australia 70
Russia 69, Brazil 59
Canada 73 Britain 65
United States 90, Angola 38

CANADA 73, BRITAIN 65

Britain
N.Stafford 6-19 2-2 15, R.Anderson 2-4 2-3 6, S.Collins 1-3 0-0 2, C.Handy 0-1 0-0 0, J.Wade-Fray 2-7 0-0 5, J.Page 3-5 2-2 8, K.Butler 2-3 0-0 4, J.Leedham 5-14 2-2 15, A.Stewart 2-3 0-0 4, T.Fagbenle 2-5 2-2 6, Totals 25-64 10-11 65
Canada
K.Phillips 2-8 2-2 6, T.Gabriele 2-6 0-0 4, S.Thorburn 6-10 3-4 18, C.Pilypaitis 4-8 0-0 11, K.Smith 4-8 2-4 11, M.Ayim 0-0 0-0 0, N.Achonwa 2-3 0-1 4, L.Murphy 4-7 0-0 9, T.Tatham 1-4 2-2 4, C.Aubry 3-7 0-0 6, Totals 28-61 9-13 73
Halftime—Britain 32, Canada 36. **3-Point goals**—Britain 5-17 (N.Stafford 1-3, S.Collins 0-2, J.Wade-Fray 1-5, J.Leedham 3-7) Canada 8-21 (T.Gabriele 0-1, S.Thorburn 3-7, C.Pilypaitis 3-6, K.Smith 1-4, L.Murphy 1-1, C.Aubry 0-2). **Fouled out**—None. **Rebounds**—Britain 36 (T.Fagbenle 6) Canada 36 (C.Pilypaitis 5, T.Tatham 5). **Assists**—Britain 14 (S.Collins 4) Canada 21 (T.Gabriele 7). **Total Fouls**—Britain 16 Canada 14.

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Canadians finish strong vs. Britain

Canada's Shona Thorburn shoots as Britain's Kim Butler, right, and Johannah Leedham defend during a preliminary women's basketball game at the 2012 Summer Olympics Monday in London. ERIC GAY/THE ASSOCIATED PRESS

Basketball. Unlike their late collapse in loss to Russia, Canucks go on 16-4 run to clinch match against hosts

Shona Thorburn scored 18 points to lead Canada to a 73-65 victory over Britain in the women's Olympic basketball tournament on Monday.

Britain has now lost both games in its first Olympics since 1948.

Courtnay Pilypaitis and Kim Smith added 11 points each for Canada (1-1), which closed out strong after blowing a 10-point lead late in its opening loss to Russia.

"I felt a lot of things weren't going our way, it wasn't pretty basketball, but we pulled out the win and that's what's important," Thorburn said.

Tamara Tatham, left, of Canada looks for a handle on the ball against Britain's Temi Fagbenle. ERIC GAY/THE ASSOCIATED PRESS

Natalie Stafford and Johannah Leedham had 15 points each for Britain, which led 61-57 late in the fourth quarter. But Thorburn drove to the basket to tie the game at 61-61 with four minutes left as Canada finished the game on a 16-4 run. Thorburn added a three-pointer to the burst to put Canada ahead 66-61. She also scored the last three points of the game, all free throws.

Canada got off to a good start defensively in the game, forcing seven turnovers in the first quarter. Thorburn hit a three-pointer at the buzzer to give Canada a 19-15 lead after the first quarter.

Canada went into the half with a 36-32 lead after a back-and-forth second quarter.

After a sloppy third quarter from both teams, Britain went on an early run to take the 61-57 lead with 6:10 left in the game.

Unlike the loss to Russia, Canada was able to battle back and dig themselves out with a late run. THE ASSOCIATED PRESS

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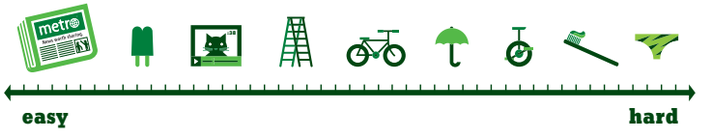

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Horoscopes

♈ Aries
March 21 - April 20
The pace of life will pick up dramatically over the next few days and you could find yourself running all over the place. Make sure your efforts are for your own benefit. Don't spend every minute making other people happy.

♉ Taurus
April 21 - May 21
Business issues and personal relationships will in some way be brought together today. You may have to spend a bit of money to attract what you need but it's OK, you can afford it.

♊ Gemini
May 22 - June 21
Today's Venus-Saturn link will open your heart and make it easier for you to let those you love and admire know how much they mean to you. The depth of your feelings will no doubt surprise them.

♋ Cancer
June 22 - July 23
You seem to have made a good impression on some of the people you work alongside and a promotion or salary increase is a distinct possibility. Don't be too modest about your talents: You deserve what you get.

♌ Leo
July 24 - Aug. 23
Do you really believe in something, or did you copy a friend's idea because it sounded good at the time? If it's the latter today's Sun-Pluto link will force you to face up to its inconsistencies.

♍ Virgo
Aug. 24 - Sept. 23
You'll be attracted to someone like the proverbial moth to a flame. Let's hope you don't get burned to a crisp! Feel with your heart by all means but think with your head too. It could save you sorrow.

♎ Libra
Sept. 24 - Oct. 23
Relationships of all kinds can be strengthened today. With Venus, your ruling planet, on good terms with Saturn in your sign it will be ridiculously easy to mend fences. So what are you waiting for?

♏ Scorpio
Oct. 24 - Nov. 22
Someone is making life difficult for you. Why? Because it makes them feel good. Now that you know that, you should not feel guilty about hitting back.

♐ Sagittarius
Nov. 23 - Dec. 21
Anyone who thinks you are easy to deceive had best think again because you are not only smarter than you look but are in no mood to deal with fools either. Sadly, there are a lot of them.

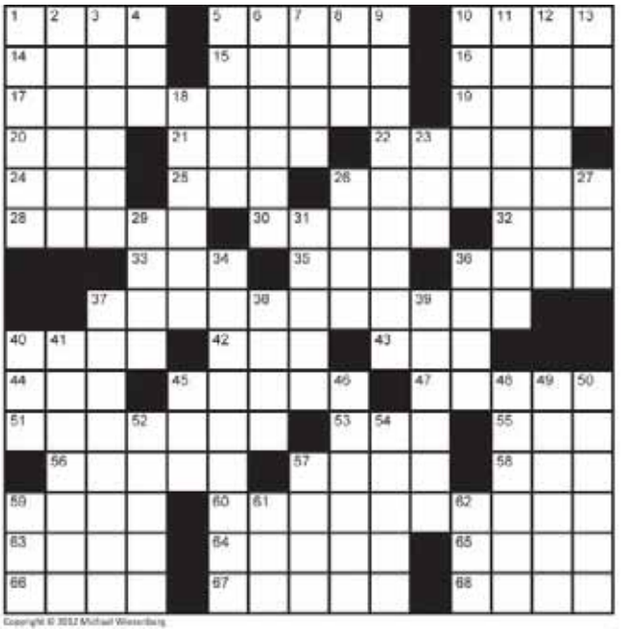
♑ Capricorn
Dec. 22 - Jan. 20
Some people have been taking advantage of you and it's time you did something about it. Today's cosmic alignment will help you get tough without causing too much of a stir. Drop a few hints. They'll get the message.

♒ Aquarius
Jan. 21 - Feb. 19
You will find it easy to win people over with your way of thinking, but is your way of thinking correct? At some stage you will encounter information that encourages you to look again at certain long-held beliefs.

♓ Pisces
Feb. 20 - March 20
Family and financial matters are under good stars today and if you go out of your way to make other people happy then you are more likely to be happy too. Your needs and their needs are not so far apart. **SALLY BROMPTON**

Crossword: Canadian Entertainers

BY MICHAEL WIESENBERG



Across

1. Wise
5. Barred to outsiders, like an exclusive community
10. 528i and 750iL, e.g.
14. __ day: vitamin bottle recommendation
15. "Rice-___, the San Francisco treat"
16. Past participle of lie
17. Canadian-American actor who portrayed Max Headroom
19. Not ___ many words
20. Bible divs.
21. 32-Across overnight suggestions
22. Bert's Sesame Street pal
24. Narrow river inlet (or, backwards, atmosphere)
25. __ Rail Canada
26. London, Ontario-born *Wedding Crashers* star Rachel
28. ___ nous: confidentially (literally, between us)
30. Ballot listing
32. Canadian auto club
33. Small batteries
35. "Evil Woman" gp.
36. ___ E: History Channel owner
37. English-Canadian actress who portrayed Samantha Jones in HBO's *Sex and the City*
40. *Death in Venice* novelist Thomas
42. "Can I take that as ___?"
43. Dog command
44. "... or so ___ heard"
45. Biting wit
47. Motown's output, in short
51. Regina-born star Leslie of *Naked Gun*
53. Sundial seven
55. Tic-tac-toe win
56. Hawaiian greeting
57. Kind of bag
58. "I ___ You, Babe": Sonny and Cher hit
59. "They're ___ again" (fighting)
60. American-Canadian baroque and operatic singer-songwriter Rufus
63. "I ___!": tot's refusal
64. Atlas rocket stage
65. Call on the phone
66. Therefore
67. Agreements
68. Green Gables girl

Down

1. Depressing
2. ___ Skywalker
3. Alludes to
4. Consume
5. "Enhanced," on some menus
6. 1970s rock concert sites
7. 32-Across jobs
8. "Acetyl" add-on
9. Moviemakers
10. Unseeing
11. Crazed
12. Montréal-born Joseph who played Dr. No
13. Cat or cone preceder
18. Alarm setting for one with a paper route, maybe
23. Edmonton-born actress ___ Dawn Chong
26. Scotch ingredient
27. Unhappy
29. Winnipeg-born Douglas, Hal's *2001* voice
31. "Don't ___": pretend you don't know
34. Frighten off
36. Sask. neighbor
37. How some beg
38. "Author unknown," for short
39. Better ventilated
40. Abbr. on a volume knob
41. Flyer
45. Kinda
46. Vancouver-born actress De Carlo
48. Skull, slangily
49. Vancouver-born Scott portrayer on *Star Trek*
50. Perfume holder
52. Canada's ___ Max lottery
54. "___ the best of times..."
57. Close relationships
59. Wide wonder
61. "Act your ___!"
62. Actress Lupino

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	2	5	4					6
				7	8		5	2
	1	7						
		3		8				7
	6						8	
9				6		1		
						3	4	
3	4		8	1				
7					5	9	2	

Yesterday's Sudoku

4	6	5	3	8	7	1	9	2
3	7	2	5	9	1	4	6	8
9	1	8	4	2	6	3	5	7
8	4	7	2	3	5	8	1	9
1	2	3	8	7	9	6	4	5
6	5	9	6	1	4	7	2	3
2	8	4	9	6	3	5	7	1
7	9	6	1	5	8	2	3	4
5	3	1	7	4	2	9	8	6

Today
32°/19°
Thundershowers
60%
Wednesday
28°/18°
Partly cloudy
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